



## What does activation look like?

To demonstrate their leadership in health and wellness, each Health Messenger is required to complete a practicum, which is at least one health focused project in their communities within one year of receiving training.

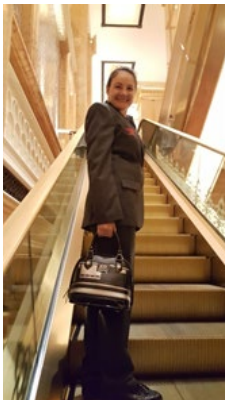
### **Examples of activation include, but are not limited to:**

- Creating healthy lifestyle blogs and videos
- Advocating to the medical community and policy makers for inclusive health
- Challenging peers to get active through fitness groups
- Posting nutrition tips and healthy recipes to social media
- Creating and delivering healthy cooking classes
- Supporting peers and teammates in reaching their health and fitness goals

## Health Messengers in action

### **Darci Owens**

Darci Owens traveled around Alaska introducing athletes and Law Enforcement to Fit 5. She helped prepare for Alaska's first Health Messenger Training. During the training Darci led the Fit 5, fitness, nutrition and hydration components, which included a 45-minute fitness session each day and a hands-on hydration activity in the kitchen.



### **Parker Thornton**

Parker Thornton from New Hampshire spoke to CNN about the impact Special Olympics has had on his life and the proposed funding cuts to Special Olympics programs.



### **Renee Manfredi**

Renee Manfredi from Hawaii spoke to doctors and healthcare providers at Kapi'olani Hospital during their September 2019 Grand Round about what they can do to give people with Intellectual Disabilities the good health care they deserve.

### Kayla Cornell

Kayla Cornell from Michigan designed and delivered a 6-week healthy cooking class, created a “How to Avoid Negative Self Talk” video, and challenged her unified softball team to journal what they eat and how much they exercise daily.

### Josh Saupe

Josh Saupe in Indiana received the inaugural Glick-Melvin Impact Award which he received for outstanding work on his hydration practicum. Josh set up hydration stations and provided education at various Special Olympics sporting events and practices around the state.

### Dustin Plunkett and Nyasha Derera

Dustin Plunkett, from Southern California, and Nyasha Derera, from Zimbabwe, sat on an all athlete-led panel at the 12<sup>th</sup> session of the UN Conference of States Parties to the Convention on the Rights of Persons with Disabilities, where they shared personal stories and underscored the importance of individuals with ID being decision makers to ensuring all persons with ID have equitable access to services and resources. During this same conference, Nyasha also represented Special Olympics and spoke for 2 minutes at the General Assembly



### Capitol Hill Day 2019

Fourteen Health Messengers – Stephanie Price (Arkansas), Daniel Fundora (Florida), Renee Manfredi (Hawaii), Danielle Oehlman (Indiana), Garrie Barnes (Maryland), Lynna Hodgson (Missouri), Paige Giasullo (New Jersey) Madeline Csont (New York), Stephanie Ching (Northern California), Vincent Egan (Colorado), Rachel Lewis (South Carolina), Crystal Womack (Washington), Steve Woodard (Wisconsin) and Ayesha Abdul-Jillil (Alaska) - participated in meetings with their Members of Congress during Capitol Hill Day to raise awareness about Special Olympics health work. They shared their own health stories, talked about inclusive health, Healthy Athletes and Healthy Communities and encouraged Members of Congress to continue to support Special Olympics.



For more information contact: [healthmessenger@specialolympics.org](mailto:healthmessenger@specialolympics.org)